






Iron: Can you really get enough in a day?

Iron Boosting Diet

MEAL	FOOD EATEN	WHY
BREAKFAST	Iron-fortified, wholegrain breakfast cereal topped with berries and skim milk	Iron fortification boosts the total iron intake, while the vitamin C-rich berries boost absorption.
MORNING TEA	Coffee or tea Piece of fruit 	Drink coffee or tea between meals to prevent the polyphenols reducing iron absorption in the body.
LUNCH	Wholegrain sandwich with tuna, tomato, reduced-fat cheese and lettuce, 125ml glass of orange juice Vegetarian: Four-bean mix salad with a lemon juice dressing served with a wholegrain roll 	The tuna, combined with the vitamin C in the tomato, can both increase non-haem iron absorption from the wholegrain bread. Legumes and wholegrains are a source of non-haem iron and the lemon juice is high in vitamin C, to boost iron absorption in the body.
AFTERNOON	Small handful of nuts with dried apricots 	Nuts contain phytates and non-haem iron, while the vitamin C in the apricots can help boost iron absorption.
DINNER	Beef and vegetables stir-fry (including capsicum and broccoli), with noodles or rice  Vegetarian: Tofu and vegetable stir-fry (including red capsicum and broccoli) with noodles	Beef is a rich source of haem iron, while tofu contains non-haem iron. The vitamin C in capsicum and broccoli boosts iron absorption from the noodles, beef and tofu.
SUPPER	200g tub of low-fat yoghurt 	Calcium can reduce iron absorption, so consume dairy products between meals. hfg